

Keep these directions, you will need to follow them for your test prep!

**EGD (UPPER ENDOSCOPY TEST) PREPATION INSTRUCTIONS:**

**\*DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT ON:** \_\_\_\_\_

**DATE OF EGD (Upper Endoscopy test):**

\_\_\_\_\_, \_\_\_\_\_  
**ARRIVE AT:** \_\_\_\_\_ **AM/PM**

Your procedure will be performed at the following location:

\_\_\_\_\_ Arkansas Gastroenterology Endoscopy Center, 151 McGowan Court, Hot Springs, AR 71913 telephone number is 501-623-4101

\_\_\_\_\_ CHI/St. Vincent Outpatient Center, 300 Werner Street, Hot Springs, AR 71913. Telephone number is 501-622-1000. Entrance to Outpatient Center is off Higdon Ferry Road.

Please note: You will need someone to drive you home after your procedure, as you will be sedated for it. **\*\*\*You will not be able to leave via SCAT bus or Taxi if your procedure is done at CHI/St. Vincent outpatient please make sure you have transportation.**

**THREE (3) days prior to your procedure:**

**\*STOP taking blood thinning medications or anti-inflammatory medications including the following: Coumadin/Warfarin, Plavix, Aspirin, Pradaxa, Eliquis, Xarelto, Prasugrel, Brilinta, Cilostazol, Aggrenox, any arthritis medication like Mobic, Aleve, Naproxen, Celebrex, Naprosyn, Meloxicam, Voltaren, Advil and Ibuprofen.** If these are not stopped, your test may be rescheduled.

Any form of TYLENOL or Acetaminophen is safe to continue taking until your test.

EGD (Upper Endoscopy test) prep directions

Please call the scheduling office if you have any questions regarding these prep instructions, 501-623-4101.

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**\*STOP taking oral iron and vitamins containing iron. Also stop taking all FISH OIL and Omega 3 fatty acids as these will thin the blood.**

### **Attention SMOKERS & tobacco users:**

**One (1) day prior to procedure: do not SMOKE!!!! Continue to not smoke until after your test is done. The presence of Nicotine can change the biopsy results.**

### **ON YOUR PROCEDURE DAY \_\_\_\_\_**

Arrive at the specified location with any paperwork *filled out completely*.

**Please note:** If you are scheduled at CHI/St Vincent outpatient you will need to be sure that you have your paperwork filled out and dropped off at Arkansas Gastroenterology Clinic at least 4 days prior to test date. We need to have this paperwork back so we can send all your information over to the hospital for your procedure.

- **If you take heart medication or blood pressure medications, please take it early on the morning of your procedure with a few sips of water.**
- **If you are diabetic, please DO NOT take your diabetes medication on the day of your procedure, please bring it with you.**
- **If you have any breathing issues (COPD, CHF, ASTHMA) and have a rescue inhaler, please bring that with you to your procedure.**